

# OASIS Fitness in Action

A Quarterly Newsletter from the OASIS Fitness Center

**“A Journey of a thousand miles begins with a single step.” - Confucius**



## Screening For Lower Body Muscle Power

By: Robert Keller, M.S., CSCS, OASIS Personal Trainer

**Thursday, November 19**  
**Appointments available between 2-4pm**  
**(check in at the front desk)**

*Please call 949-644-3244 to schedule your free appointment.*

A decline in lower-body muscle power has been associated with increased use of the health care system, risk of future disability, fall risk, and loss of independent living status. If you have already noticed activities of daily living involving the lower body are requiring more effort than they once did, or if you wish to be assessed to see if you may be at risk for loss of lower-body power, this simple 10-minute screening can identify where you currently stand and is beneficial in determining what action to take to remain active and functionally capable.

## Happy 98 Years Young Virginia!



**Our OASIS Fitness Center member Virginia turned 98 last week!**

Virginia has been a Fitness Center member since February 2013 and works with OASIS Personal Trainer, Danielle Hernandez every week.

Being physically active can help you stay strong and fit enough to keep doing the things you like to do as you get older.

Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

Virginia is an inspiration to all of us!



## Need a towel or forgot your water?

We sell towels for \$5 and water for \$1.  
 Just ask our front desk.



## Exercise as Stress Management

By Karen Oerth, OASIS Fitness Center Personal Trainer

Yes, it is true! Science has proven that exercise can help you become more resilient to stress. A recent research study conducted by Princeton University has found evidence that exercise reorganizes the brain to be more resilient to stress. This study, published May 1·2015 in the Journal of Neuroscience, concluded that when mice were allowed to exercise regularly and then were exposed to stress (in this case exposed to cold water) their brains exhibited a spike in the activity of neurons that shut off excitement in the ventral hippocampus, a brain region shown to regulate anxiety. They also found that physical activity reorganizes the brain so that its response to stress is reduced and anxiety is less likely to interfere with normal brain function (Princeton 1). This new evidence has provided yet another great reason to incorporate exercise into your daily lifestyle. Not only does exercise induce an immediate reduction in stress levels, it is now proven to help recondition your brain to respond better to stressful situations in everyday life and reduce anxiety.

Stress is the root cause of the top three killers in the US and can be linked to almost every disease. It has been called “the number one Killer”; linked to Heart Disease, Cancer, Strokes, and Obesity. Stress keeps us up at night, lowers our immune systems (which makes us susceptible to getting sick) and causes weight gain. But not all stress is bad. Acute stress stretches us to solve problems. It also helps us make decisions and respond to life threatening situations. I am talking about chronic stress, the kind that doesn’t go away.

I challenge you to lower your stress level by starting a new exercise program. By doing so you will experience a de-stress response as runners call a “runners high”. So go out there and reorganize your brain and become more resilient to STRESS!

*Study: “Physical Exercise Prevents Stress-Induced Activation of Granule Neurons and Enhances Local Inhibitory Mechanisms in the Dentate Gyrus.” - Published 5/1/2015*



## The Friends Corner

I am so happy to have the opportunity to “speak” to all you “fellow-fitness-center-members”. Quite a few of you are members of the Friends of OASIS and are aware of the fact that the City does not pay for everything that goes on around here. Did you realize that several pieces of the Fitness Center equipment were purchased by the Friends and many pieces are repaired with Friends funding?

The Friends of OASIS are the volunteers that raise money that is used to provide so much for so many. Our recent Rummage Sale raised over \$25,000. Those funds will allow us to continue to subsidize the van transportation (\$61,000 annually), the monthly luncheons, The Big Band Sounds, drumming classes and lots more!

If you aren’t already a member of the Friends of OASIS I would really like to ask you to join... For only \$15 yearly you will receive the monthly newsletter informing you of all the center has to offer – so many classes, lectures and seminars are just waiting for you!!! Please help us keep The OASIS Senior Center the finest in Southern California!

Enjoy your workout!!

**Kathy Stewart, president of Friends of OASIS**

## OASIS Fitness Center Holiday Hours:

**November 11-CLOSED**

**November 25, 7am-5pm**

**November 26 and 27-CLOSED**

**Dec 21-23-regular hours  
(7am-8pm)**

**Dec 24, 7am-12pm**

**Dec 25 and 26-CLOSED**

**Dec 27, 8am-4pm**

**Dec 28-30, 7am-5pm**

**Dec 31, 7am-12pm**

**Jan 1-CLOSED**

**Jan 2-3-regular weekend hours (8am-4pm)**

